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WE LOOK TO THE PAST TO SEE WHERE THE GROUNDHOG GOT ITS PREDICTING POWER

Rodent prognosticator has roots in medieval European tradition. Page 7.

SEAHAWKS DROP THE BALL

New England Patriots strong safety Malcolm Butler intercepts a pass intended for Seattle Seahawks wide receiver Ricardo Lockette at the end of Super Bowl XLIX Sunday in Glendale, Ariz., Sunday. Within reach of the end zone, the Seahawks opted to throw the ball instead of running it, leading to the interception. The Patriots beat the Seahawks 28-24 to win the championship. Story, page 21. KATHY WILLENS/THE ASSOCIATED PRESS

Local filmmaker comes in second at Super Bowl

Advertising. Graham Talbot wins $50,000 US in contest, and another Vancouverite also lands in the top 10

EMILY JACKSON
emily.jackson@metronews.ca

A Vancouver filmmaker won second place in a high-stakes Super Bowl advertising contest which carried a grand prize of $1 million US.

Graham Talbot's ad "When Pigs Fly" was one of just two entries to air during the NFL championship game as part of the Doritos Crash Super Bowl contest, where 4,900 hopeful filmmakers submitted ads for a shot at airtime during one of television's most coveted time slots.

Seeing his ad on the big screen earned Talbot a prize of $50,000 US — he's probably not upset about the exchange rate — on top of a trip to Arizona, where the top 10 finalists landed box seats for the big game.

A video posted on the Doritos Twitter account shows the men on the edge of their seats as they waited to see whose commercials would air.

The grand prize of $1 million and a one-year contract at Universal Pictures in Hollywood went to the ad that got the most votes in an online contest that ran throughout January.

The Simon Fraser University graduate, who attended a fine arts school in Langley, may have been disappointed to not win the top prize, but the ad he created certainly garnered a lot of attention.

Talbot was one of two Vancouver filmmakers in the top 10: Devon Ferguson also won $25,000 for his commercial, titled "Selfish Sneezers."

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The study is being conducted by **Dr. Raymond Lam** at the Mood Disorders Centre, UBC Hospital.

Vancouver CoastalHealth UBC

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Mount Pleasant

Park board seems to want adults to leave skate park

Local skateboarders are baffled that the Vancouver park board might alter the three-year-old skateboard spot in Mount Pleasant Park in an apparent attempt to make it less attractive for tattooed 20-somethings.

The changes to the skateboard park at West 16th Avenue and Ontario Street — a skate spot the city's website already describes as "entry-level" — seem to be to discourage young adults from using the park, according to a report the park board will vote on Monday night.

The city is simultaneously proposing a new, more challenging skateboard park at Jonathan Rogers Park at West 7th Avenue and Manitoba Street, a light industrial zone, in an apparent bid to draw older users away.

While the Vancouver Skateboard Coalition is fully supportive of a new facility to meet the demand of the growing skateboarding community, it doesn't support ripping down the existing infrastructure that was designed by skateboarding experts with beginners in mind, vice-president Jeff Cole said Sunday.

"To alter the park seems a bit silly," Cole said, adding that skill isn't age-dependent. "If there's a dad with a kid, is the dad not allowed?"

The park board seems to be bending to a handful of households that have complained about noise since the skate spot opened in spring 2012, Cole said.

EMILY JACKSON/METRO

Project co-captain Kristoffer Vik Hansen, back, along with some of his crew, work on the hull of a ship Saturday at the University of British Columbia.

JONATHAN HAYWARD/THE CANADIAN PRESS

Students hope 'sailbot' voyage makes history

Atlantic Ocean. Robotic sailboat set to travel solo from coast of St. John's, N.L., to Dingle, Ireland

Sailing across the Atlantic Ocean by wind power alone is an impressive achievement by any standard.

But contending with the unpredictable weather, busy freight traffic, meddlesome fishing nets and treacherous icebergs without anyone in the pilot's seat is another feat entirely.

This summer, a team of engineering students from the University of British Columbia is hoping its 5.5-metre-long boat will sail into the history books as the first seafaring vessel to successfully traverse the Atlantic entirely solo.

"It's been tried many times but never actually successfully," said Kristoffer Vik Hansen, co-captain of the 66-person UBC robotic sailboat — or sailbot — team.

"Basically we're trying to make a big, big sailboat, make it autonomous and sail it across the Atlantic Ocean."

Come August, the crew plans to launch the still-unchristened sailbot off the coast of St. John's, N.L., and hope the vessel survives the 2,900-kilometre, three-week journey to Dingle, Ireland.

"This project is cool because it mixes something that's really old and something that's really new," said Vik Hansen, standing beside the ship's still-under-construction hull inside the sailbot team's tool-strewn, on-campus shop.

Hanging above the bustling workplace are the smooth, water-worn hulls and logo-covered sails of the team's previous competition champions.

"Sailing has been around for thousands of years. Robotics has not been around for that many years," he added. "It's kind of the intersection of two very different disciplines."

While the university's sailbot team has officially existed since 2006, its most recent project has been in the works only since 2012, following three successive first-place finishes in international sailbot regattas.

The crew's continuing success with several smaller two-metre boats helped provide the inspiration behind tackling this summer's more ambitious, transatlantic challenge.

To complete the journey, the sailbot will use solar panels to power a slew of on-board navigation and obstacle-avoidance technology, including thermal imaging to sense boat traffic and icebergs as well as GPS co-ordinates to steer around inclement weather and fishing zones.

THE CANADIAN PRESS

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Kill the lights, save the birds: Councillor

Environment. Coun. Elizabeth Ball wants to create outdoor lighting bylaw to lower number of migratory bird deaths

A Vancouver councillor wants to kill the lights to save the birds.

Non-Partisan Association Coun. Elizabeth Ball wants city staff to create an outdoor lighting bylaw to decrease light pollution, save energy and make the city a safer place for migratory birds.

"It's just a sensible policy to place light closer to where people are and shield lights so there isn't glare," Ball said.

Excess light tends to confuse birds, which often smash into bright buildings or continue to fly at night despite exhaustion, Ball said.

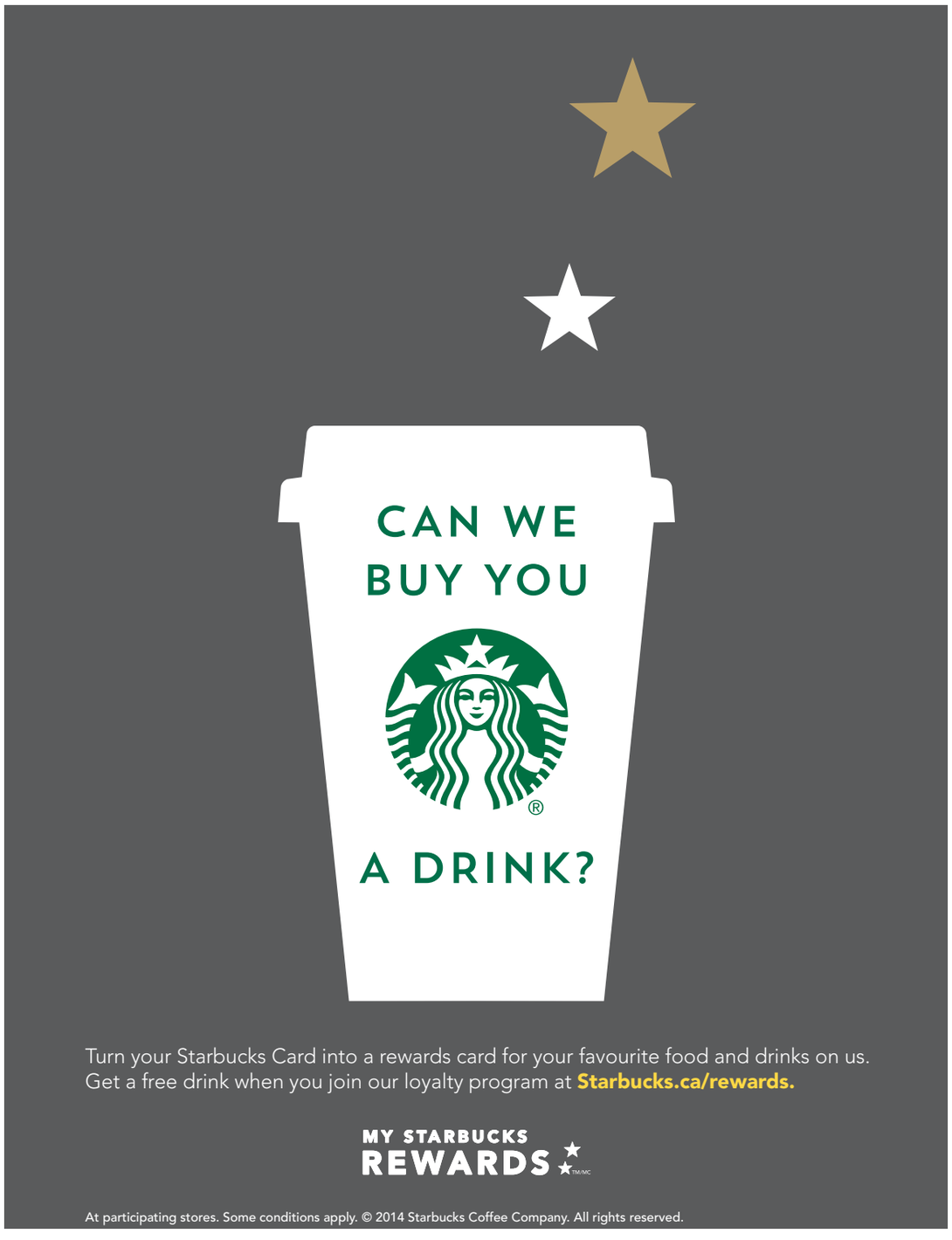
Colliding into glass windows at nighttime is one of the leading causes of death for birds in North America, according to the Fatal Light Awareness Program. Unnecessary glare can also be annoying for neighbours, disruptive to sleep patterns and hard on the eyes, she added.

Replacing harsh floodlights with lower lights that don't blind people when they walk by not only saves energy, but it also respects the environment and birds, Ball said.

She is not suggesting that the city replace all of its streetlights, but that it chooses better, shielded light sources moving forward.

Council is scheduled to vote this week on whether to develop the outdoor lighting bylaw. EMILY JACKSON/METRO

Vancouver's skyline seen from Kitsilano on a clear night. EMILY JACKSON/METRO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Port Metro

Truckers stage protest over new licensing rules

B.C. truckers staged a protest on Saturday against new licensing rules at Port Metro Vancouver.

They say more than 600 truckers and office staff will lose their jobs because of the new requirements. Owners and operators were required to apply to the Port for a licence, but a number of them were rejected. THE CANADIAN PRESS

Vancouver

Accident causes traffic havoc and cuts off power

A single-vehicle crash in Vancouver snarled traffic and cut power to thousands of homes on Saturday evening. Vancouver Police say a car travelling eastbound on the Georgia Viaduct lost control just before 5 p.m.

The car rolled over and caused extensive damage to power lines.

THE CANADIAN PRESS

Surrey. Fewer murders, but violent crime on the rise

New statistics show that violent crime rose overall in Surrey last year — but the number of murders went down by more than 30 per cent.

Surrey RCMP released its fourth-quarter crime statistics this week, revealing that violent crime rose by seven per cent in 2014 compared to the previous year.

Violent crimes include murders, sexual assaults and robberies, and there were 52 per cent more of such crimes in last year's fourth quarter compared to the same quarter in 2013.

But the Vancouver-area city — where reducing crime became a major focus of last fall's municipal election — fell victim to 17 homicides in 2014, compared to 25 in 2013.

Mounties say they continue to target dangerous locations to help reduce homicides, and the majority of murders were domestic-related or involving those in high-risk lifestyles.

Property crime rose 22 per cent in Surrey last year, an increase that RCMP say is occurring across the Lower Mainland and is largely driven by motor vehicle crimes.

THE CANADIAN PRESS

Whistler. Car crash leaves woman critical in hospital

A woman in her late 30s has been airlifted to hospital in critical condition after a serious crash in Whistler, B.C.

Whistler RCMP responded to a call just before 7:30 a.m. Sunday about a two-vehicle accident on Highway 99.

Mounties say a car travelling northbound on the highway, just north of Nordic, lost control and slid into the southbound lane.

A minivan travelling southbound collided with the car on the passenger side.

Sgt. Rob Knapton says the female driver of the car was airlifted to hospital with critical injuries, while the two occupants of the minivan were shaken, but uninjured.

He says it was snowing at the time but investigators are still determining the cause of the crash.

THE CANADIAN PRESS

Transit. Transportation tax can be added to B.C. sales tax receipts: Stone

British Columbia's Minister of Transportation has confirmed that a proposed Metro Vancouver transit tax would simply be added to the provincial sales tax on receipts.

Todd Stone sent a letter to the Mayor's Council on Transportation this weekend saying the new tax would be harmonized with the PST.

This means retailers would not have to change their systems to accommodate a new line item on receipts, which would have caused headaches for local businesses.

A referendum is set to begin next month on the proposed 0.5 per cent congestion improvement tax, which would apply to everything the PST does and is meant to fund new transit options and better roads.

If the tax is approved, Metro Vancouver shoppers will see a combined PST and transit tax totalling 7.5 per cent on their receipts.

The mayors' council, chaired by Vancouver Mayor Gregor Robertson, said it welcomes Stone's letter and it will not be requesting any further exemptions to the tax. THE CANADIAN PRESS

Pipeline protests

Kinder Morgan discontinues legal action

Kinder Morgan says it will not continue court action against protesters who demonstrated against the proposed expansion of a pipeline while survey crews drilled on Burnaby Mountain. The company has filed a discontinuance of its B.C. Supreme Court civil lawsuit against five people who protested at the site last year.

It says it approached all the defendants last month and offered to stop its proceedings and that two of the defendants agreed but discontinuing the court action doesn't require agreement from all the activists.

The injunction kept away protesters, and the company wanted to extend it beyond a Dec. 1 deadline. THE CANADIAN PRESS

Crime

Man to stand trial in hockey mom's death

A man accused of killing B.C. hockey mom Julie Paskall has been ordered to stand trial.

Fifty-three-year-old Paskall was savagely beaten outside a community arena in Surrey, southeast of Vancouver, over a year ago. She had been at the arena to pick up her 16-year-old son, who was officiating a minor hockey game, and she died in hospital several days later. Yosef Gopaul was charged with second-degree murder in connection with the killing.

A preliminary hearing was held this week. A judge ordered Gopaul to stand trial at B.C. Supreme Court in New Westminster, where his next court date is March 12. THE CANADIAN PRESS

Contents from a tailings pond is pictured going down the Hazeltine Creek into Quesnel Lake near the town of Likely, B.C. on Aug. 5, 2014.
JONATHAN HAYWARD/THE CANADIAN PRESS

Mount Polley disaster due to dam's design: Report

Environment. More than 24 million cubic metres of silt and water were spilled into nearby lakes, rivers

Quoted

"If constructing unknowingly on this upper deposit constituted loading the gun, building with a steep slope pulled the trigger."

Norbert Morgenstern, chairman of the panel investigating the spill

The construction of a mine tailings pond on top of a sloped glacial lake at British Columbia's Mount Polley mine weakened the foundation of the dam, and was akin to loading a gun and then pulling the trigger, a report on the disaster concluded.

The independent, government-ordered report released Friday said the spill of 24 million cubic metres of silt and water into nearby lakes and rivers was caused by an inadequately designed dam that didn't account for drainage and erosion failures associated with glacial till beneath the pond.

B.C.'s Energy and Mines Minister Bill Bennett immediately ordered B.C.'s Chief Inspector of Mines to require all operating mines with similar tailings ponds to confirm what kind of foundation material their dams rest on by June 30.

There are currently 98 permitted tailings storage facilities in the province, with 123 dams at 60 metal and coal mines in B.C.

The pond at the Imperial Metals Corp. open pit copper and gold mine burst without warning at 1 a.m. last Aug. 4, hours after workers had been at the foot of the structure.

Norbert Morgenstern, chairman of the panel that investigated the spill, said evidence indicates the glacial lake deposit under the foundation of the dam weakened as the tailings pond increased in size.

"The design did not take into account the complexity of the sub-glacial and pre-glacial geological environment associated with the perimeter embankment foundation," he told reporters gathered for the release of the report.

Morgenstern, a geotechnical engineering who has worked on 140 dam projects worldwide, said not taking the glacial lake into account was like loading a gun.

"But if constructing unknowingly on this upper (glacial) deposit constituted loading the gun, building with a steep slope … pulled the trigger."

Morgenstern said the two factors together constituted the root cause of the failure. THE CANADIAN PRESS

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Video. Police cleared in longboarding near-miss

A West Vancouver police officer accused of running a group of longboarders off the road has been cleared of any wrongdoing.

In a statement Friday, police said an investigation overseen by the Office of the Police Complaint Commissioner concluded the constable's conduct during the incident was appropriate.

Police said the investigation found his conduct "did not deviate materially from the objective standard of what a reasonable officer with similar training, knowledge, skills and experience would have done in the same circumstances."

The incident, which took place April 9, was captured in a video that made headlines last year.

The video, captured by one of the longboarders on a helmet-mounted camera, shows an oncoming, unmarked police car suddenly turn on its lights and pull into the middle of the road, resulting in the longboarders swerving off the road at a high speed.

An exchange takes place between the police officer and the longboarders, who accuse the officer of putting their lives in danger. THE CANADIAN PRESS

British Columbia

Court shuts down allegedly bogus Botox 'doctor'

A woman who allegedly misrepresented herself as a doctor and performed Botox injections has had her office shut down by the College of Physicians and Surgeons.

The college says the woman was using titles including doctor and physician and administering Botox or similar products despite being unlicensed. It says a court injunction has been granted to stop the woman from using medical titles and from providing services she was not licensed to perform.

B.C. Supreme Court granted an order allowing the college to enter the woman's business. Boxes and vials of medication, syringes, needles and documents were seized on Thursday.

THE CANADIAN PRESS

Terrace

RCMP investigate 'open season' on First Nations post

Terrace RCMP are investigating allegations that a hate crime was committed when someone posted a racist tirade on Facebook declaring "open season" on First Nations people.

The comments appear to have come from a local man's Facebook account and were a response to a recent Terrace Standard news article.

The newspaper's blocking software quickly removed the comment but not before a screenshot was taken and posted on a Facebook page belonging to West Coast Native News.

The screenshot has been shared more than 1,500 times and appears to show a comment that says the "only good Indian is a dead Indian" and "let's have open season on 'em."

THE CANADIAN PRESS

Part Time Pooch owner and founder Gavin Flett sits on a bench with his part-time pooch Frankie in Vancouver. CONTRIBUTED

Part Time Pooch creator hopes to fetch investment on Dragons' Den

Entrepreneurialism. Pet-sharing website creator to appear on CBC business-pitching show

THANDI FLETCHER
thandi.fletcher@metronews.ca

Business is a dog-eat-dog world, and no one knows that better than Vancouver entrepreneur Gavin Flett.

The founder of Part Time Pooch, a website that connects dog lovers with owners who need help caring for their pets, will appear on Wednesday's episode of Dragons' Den on CBC, airing at 8 p.m.

Flett, who filmed the episode last spring, couldn't say if he managed to fetch an investment but said being tossed into the den wasn't as rough as he had anticipated.

"I can't spill the beans too much," he told Metro.

"But I can tell you they didn't come down as hard on me as I've seen them come down on other people."

He's not sure why he managed to escape the Dragons' wrath, although part of it might be because Kevin O'Leary, the show's resident tough guy, wasn't on the panel, he said.

"He wasn't there to sprinkle his rare brand of charm," Flett said with a laugh.

The website's concept is simple: dog owners can lend their pets to people who want a pooch but can't make a full-time commitment.

"People love dogs, but not everybody gets to own a dog full-time," said Flett, who also doesn't own a dog.

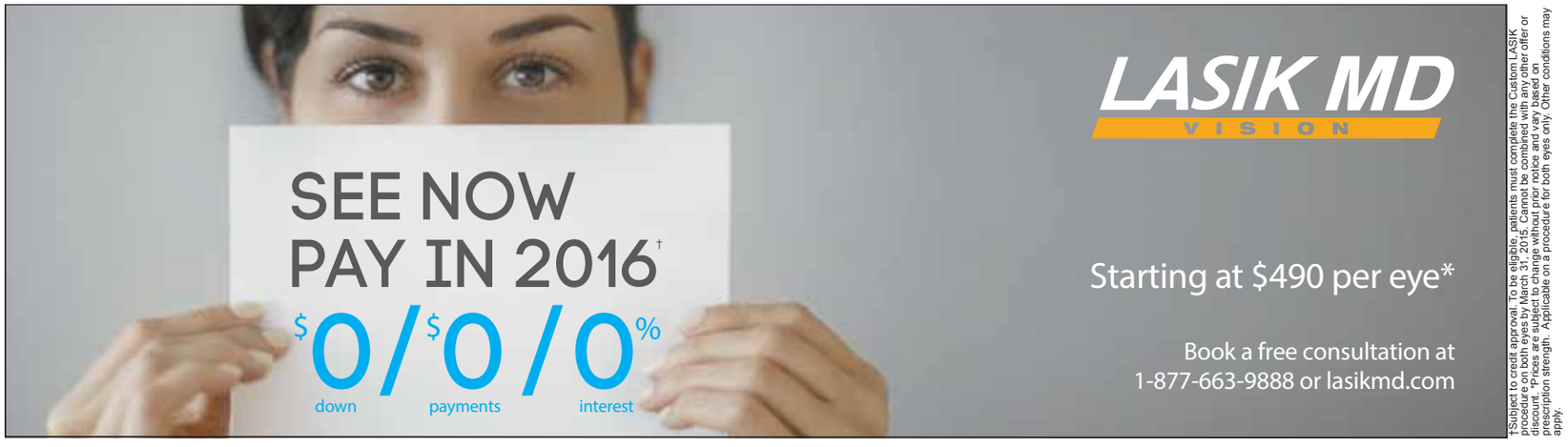
He offered the service for free for the first six months but has now switched to a payment model. The cost of subscribing as a dog owner is $45 for three months, while hosts sign up for free.

He recommends dog owners and hosts meet before making arrangements to keep the service safe.

Nearly 800 people, both owners and those looking to host dogs, have created profiles on the website, with more signing up every day, he said. Flett said he owes part of that success to his experience on Dragons' Den, which he believes helped unleash the service's potential.

"It definitely forced me to get my entrepreneurial act together in terms of just making sure that I had the correct metrics that investors want to see," he said.

"It really helped me get my investor pitch up to the major-league level."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Groundhog Day traces roots back to medieval traditions

Weather. Folklore says that a groundhog's shadow can forecast the end of winter season

Groundhog handler John Griffiths holds Punxsutawney Phil on Feb. 2, 2014, after he saw his shadow predicting six more weeks of winter during the 128th annual Groundhog Day festivities in Punxsutawney, Pennsylvania. GETTY IMAGES

What do a European Christian tradition, a 19th century American immigration pattern, and a cinema cult classic have in common? They've all helped turn groundhogs into North America's most popular weather prognosticators.

Each Feb. 2, crowds gather to watch Ontario's Wiarton Willie, Pennsylvania's Punxsutawney Phil and other furry forecasters take a shot at a task that baffles many humans. Folklore has it that if a groundhog sees his shadow he'll flee back to his burrow, heralding six more weeks of winter. If he doesn't, legend has it that spring is around the corner.

Chris Scott, chief meteorologist at the Weather Network, said Groundhog Day hearkens back to medieval Europe and the Christian festival of Candlemas.

Scott said early Europeans eventually threw a prognosticating hedgehog into the mix, adding the animals had hibernation patterns that naturally brought them out of hiding around the time of Candlemas.

Canada's marquee Groundhog Day event first took place in 1956 when Mac McKenzie, a resident of the central Ontario town of Wiarton, was looking for a pretext to throw a party.

After settling on Groundhog Day, he sent out his invitations in the form of mock news releases. When one of them fell into the hands of a genuine reporter, however, McKenzie had to get creative.

"(The reporter) had to have a story," McKenzie explained in documents provided by festival organizers. "So we tossed a fur hat with a button on it into the snow. We said it was a groundhog, and the photo ran in the (Toronto) Star."

Wiarton has been home to Canada's premier Groundhog Day event, including in 1999, when organizers discovered Willie had died in the run up to his big day. THE CANADIAN PRESS

Lighting candles

- Groundhog Day has its roots in the medieval European tradition of Candlemas. On a day in early February, people would light candles and watch the weather to see whether or not spring was on the way. Many cultures adopted rhymes for the tradition. Among them is a Scottish couplet that says: "If Candlemas Day is bright and clear, There'll be two winters in the year."

Egypt. Release of Aussie reporter raises hopes for jailed Canadian journalist

Al-Jazeera English reporter Peter Greste left Egypt on Sunday after the president approved his deportation, but there's no official word on jailed colleagues Egyptian-Canadian Mohamed Fahmy and Egyptian Baher Mohamed.

Greste, an Australian national, was released after more than a year behind bars in a case that was widely condemned by rights groups.

An Egyptian prison official and the nation's official news agency said Greste was released following a presidential "approval."

The official and an Interior Ministry statement said his release was an implementation of the new deportation law passed last year. The officials spoke on condition of anonymity because they were not authorized to speak to the media.

Quoted

"His deportation is in its final stages. We are hopeful."

Marwa Omara, Mohamed Fahmy's fiancee

A lawyer for Fahmy said his client welcomed the news.

"He has instructed me to say he is very happy that Peter has been released and hopes for the same outcome for himself soon," Lorne Waldman said in an email to The Canadian Press.

Foreign Affairs Minister John Baird spoke Sunday with his Egyptian counterpart, Sameh Shoukry, about Fahmy's case, the ministry said in a statement. Baird said he welcomed Greste's release, and noted that he remained hopeful that Fahmy's case will be resolved in short order.

"Canadian officials will continue to work closely with the Egyptian government to provide consular assistance to Mr. Fahmy to ensure his well-being," the statement said.

Greste, Fahmy and Mohamed were sentenced to at least seven years in prison on terrorism-related charges last year in a trial described as a sham by rights groups.

THE CANADIAN PRESS

Anglican Church faces extinction in Quebec, cleric says

As Rev. Yves Samson speaks to his congregation in the Quebec town of Trois-Rivieres, two things stand out: the bilingualism of the sermon and the dearth of parishioners.

Samson holds nothing back when he says that, without radical change, the Anglican Diocese of Quebec could soon be extinct. The fact Samson, 49, preaches in both languages might not sound radical to many Canadians, but to the Anglican Church — the Church of England — it is.

Several Protestant churches across Quebec have closed rather than turn bilingual.

Samson's church is Anglican in name only. The 10 people who showed up to mass on a recent Sunday included Baptists, Presbyterians and Unitarians.

The reverend said becoming ecumenical and bilingual is "the new reality" for former anglophone Protestant churches outside the Montreal area.

The new reality reflects the fact that in most regions outside Montreal, Anglo-Quebecers, and much of their culture, are on the verge of disappearing.

The Anglican Diocese of Quebec includes three of the province's main cities: Trois-Rivieres, Sherbrooke and Quebec City.

People who speak English at home in both Trois-Rivieres and Quebec City make up about one per cent of the population. In the 1860s Quebec City used to be 40 per cent anglophone. In Sherbrooke, fewer than five per cent of residents speak English at home. In the 1860s that number was almost 60 per cent.

In light of this new reality the Anglican Church's task is daunting: persuade francophone Quebecers to become more religious and then have them choose to worship in the Church of England.

Samson says he preaches in French and English in his two other parishes in Drummondville and Sorel, but doesn't know if most of the Anglican Church's congregations are willing to make the change.

The exodus of Anglophones in Quebec hasn't hurt just the Anglican Church, but also other Protestant denominations.

THE CANADIAN PRESS

Rev. Yves Samson speaks to the faithful during mass Sunday at St. James Anglican Church in Trois-Rivieres, Que. GRAHAM HUGHES/THE CANADIAN PRESS

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Horror, fear in Japan after ISIL video shows beheading

Slaying. Journalist Kenji Goto's work focused on refugees, children and other victims of war

Appalled and saddened by news of journalist Kenji Goto's purported beheading by the Islamic State of Iraq and the Levant (ISIL), Japan ordered heightened security precautions Sunday and said it would persist with its non-military support for fighting terrorism.

The failure to save Goto raised fears for the life of a Jordanian fighter pilot also held by the militant group that controls about a third of Syria and Iraq.

Unlike some earlier messages delivered in the crisis, the video that circulated online late Saturday purporting to show a militant beheading Goto did not mention the pilot.

Jordan renewed an offer Sunday to swap an al-Qaida prisoner for the pilot, Lt. Muath al-Kaseasbeh, who was seized after his F-16 crashed near ISIL's de facto capital, Raqqa, Syria, in December.

Government spokesman Mohammed al-Momani told The Associated Press "we are still ready to hand over" Sajida al-Rishawi, who faces death by hanging for her role in triple hotel bombings in Jordan in 2005. Al-Momani also said his country spared no effort to free Goto.

The slaying of Goto, a freelance reporter whose work focused on refugees, children and other victims of war, shocked Japan, which until now had not become directly embroiled in the fight against the militants.

"I feel indignation over this immoral and heinous act of terrorism," Prime Minister Shinzo Abe told reporters after convening an emergency Cabinet meeting. "When I think of the grief of his family, I am left speechless," he said. "We are filled with deep regret."

Threats from ISIL prompted an order for tighter security at airports and at Japanese facilities overseas. Government spokesman Yoshihide Suga said it would be "inappropriate" to comment on the status of the Jordanian pilot.

With no updates for days, al-Kaseasbeh's family appealed to the government for information. But for Goto's family and friends, the beheading shattered any hopes for his rescue.

"Kenji has died, and my heart is broken. Facing such a tragic death, I'm just speechless," Goto's mother Junko Ishido told reporters.

According to his friends and family, Goto travelled to Syria in late October to try to save Haruna Yukawa, 42, who was taken hostage in August and who was shown as purportedly killed in an earlier video. THE ASSOCIATED PRESS

People holding a banner and signs gather to show their sympathy for the killed Japanese hostages, Kenji Goto and Haruna Yukawa, in front of the prime minister's official residence in Tokyo Sunday. THE ASSOCIATED PRESS

Extremists attack Nigerian city from four fronts

Nigerian troops Sunday repelled Islamic extremists who attacked from four fronts on Maiduguri, the biggest city in northeast Nigeria, with several civilians killed by aerial bombs and grenades and mortar shells on the ground.

Soldiers said hundreds of insurgents died.

Terrified residents fled homes shaking from five hours of heavy artillery fire and streamed in from the outskirts of the besieged city of two million, already crowded with another 200,000 refugees from the fighting.

In a separate attack, a suspected Boko Haram suicide bomber killed himself and eight others Sunday at the home of politician Sabo Garbu in Potiskum, in neighbouring Yobe state, according to witness Abdullahi Mohammed.

Garbu is contesting a legislative seat in Feb. 14 balloting that includes a presidential election too close to call. Boko Haram denounces democracy.

For weeks Boko Haram has been closing in on Maiduguri, the group's spiritual birthplace, and if it were able to plant its Islamic State of Iraq and the Levant-style flag there, even briefly, it would give them a major boost as the group loses ground in remoter areas, said Jacob Zenn, author of a book about the insurgents.

Its third attack in a week on Maiduguri came as Chadian forces launched a winning offensive, acting on an African Union directive for Nigeria's neighbours to help fight the spreading Islamic uprising by Nigeria's home-grown Boko Haram extremists.

International outrage has grown over attacks across the border into Cameroon and increasing ferocity that culminated in the slaughter of hundreds of civilians in Baga on Jan. 3. THE ASSOCIATED PRESS

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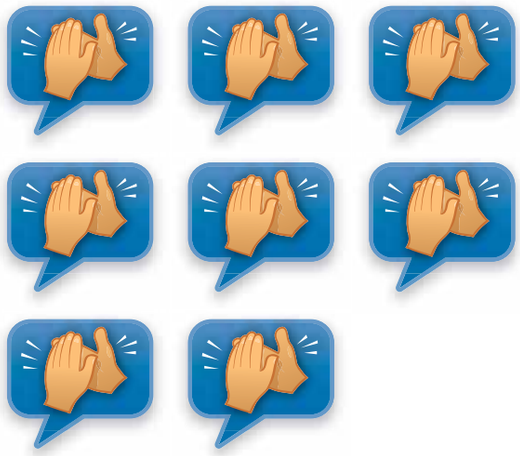

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Bell Let's Talk

Agriculture. Farmers see low fuel costs as good, bad

Decades of boom-and-bust commodity prices, worker shortages and being at the mercy of the weather has removed the word "optimism" from Canadian farmers' vocabularies.

"At the moment, things are good right now," said Lynn Jacobson, president of the Alberta Federation of Agriculture, who also farms 600 hectares near Enchant in southern Alberta.

The recent plunge in fuel prices has been a welcome relief across the agricultural sector, helping ease the pain of low grain prices for growers and for cattle ranchers' profits.

But there is doubt.

"If the oil price stays down too low, and the federal government can't afford to keep their budgets going and they start looking for revenue, I'm hoping they're not going to try and put this on the backs of farmers," said Lethbridge farmer Gary Stanford. THE CANADIAN PRESS

Transportation costs

Lethbridge farmer Gary Stanford said lowered diesel costs make a difference in reducing transportation expenses.

- **Ongoing trend.** If fuel prices hold, farmers could save thousands of dollars in 2015.

United Nations

ICAO to review flight safety

The International Civil Aviation Organization will hold a high-level safety meeting this week to look at the global tracking of commercial aircraft and flights over conflict zones. ICAO, the UN agency that governs civil aviation, says the conference will look at how to manage aviation safety in the future and study ways to increase regional cooperation. Emerging safety issues will be discussed Tuesday. THE CANADIAN PRESS

Restaurant sanitation reports fly onto Twitter

Stewart Rand checks his tweets at the Halifax Seaport Farmers' Market on Sunday. JEFF HARPER/METRO

Social media. Eatery inspections being tweeted out by software developer's program to foster food-safety awareness

ROSEMARY WESTWOOD
Metro in Toronto

The latest restaurant inspections in your city could be only a tweet away.

People in Vancouver, Toronto, Nova Scotia and New Brunswick can avoid the sometimes cumbersome food-safety websites if they want to find out who's been passing or failing food-safety inspections.

Stewart Rand is tweeting them out. Or rather, his computer programs are.

"I want to make it easier for people to see this information and find out who's been naughty or nice with their sanitation," explained Rand, a software developer in Halifax.

"These days people are looking to have information brought to them," he added. "People don't want to go digging on some obscure website trying to find information."

While some sites are more helpful (Toronto's has an interactive map), others, like Nova Scotia's, are only basic search engines. And all of them take more time to navigate than a quick browse of a Twitter feed.

"The feeds run themselves, so it's not something I have to check in on," he explained. "I set up essentially computer programs that check these websites every few hours to see if there are any new inspections that have been posted. As soon as it finds those, it'll tweet them."

The feeds have been running for six months.

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VOICES

APPLES AND ... APPLES, PLEASE

With city council preparing to hear a motion to raise compensation, Trish Kelly argues city councillors are doing fine — but park board commissioners are another story

CITY HOLLER
Trish Kelly

On Tuesday, Vancouver City Council will hear a motion to raise compensation paid to city councillors and park board commissioners. The motion recommends the city hire a third party to determine the pay bump and the method that will be used. Let me say right now, city councillors are doing fine, but the park board commissioners are another story.

Last year, city councillors made $67,994 as a base salary, before any top-ups for sitting on regional boards or acting as deputy mayor. This salary is less than they 'd make if they had the same job in Calgary, but then, they'd have to live in Calgary. It's more than they'd make at most jobs in Vancouver, and it's nearly $60,000 more per year than a park board commissioner.

The last pay increase for park board commissioners was in 1992. With no cost-of-living increase since then, their modest pay has devolved into a taxable joke. The $8,000 salary is so low, only someone living on social assistance could view it as a pay increase. City councillors have had cost-of-living increases annually.

Back in November, Mayor Robertson first raised the pay issue and reasoned councillors deserve higher benefits and salaries because, while the job was originally a part-time gig, it's become full-time. I'm sure it has become more demanding, but that's certainly more true for commissioners at the park board.

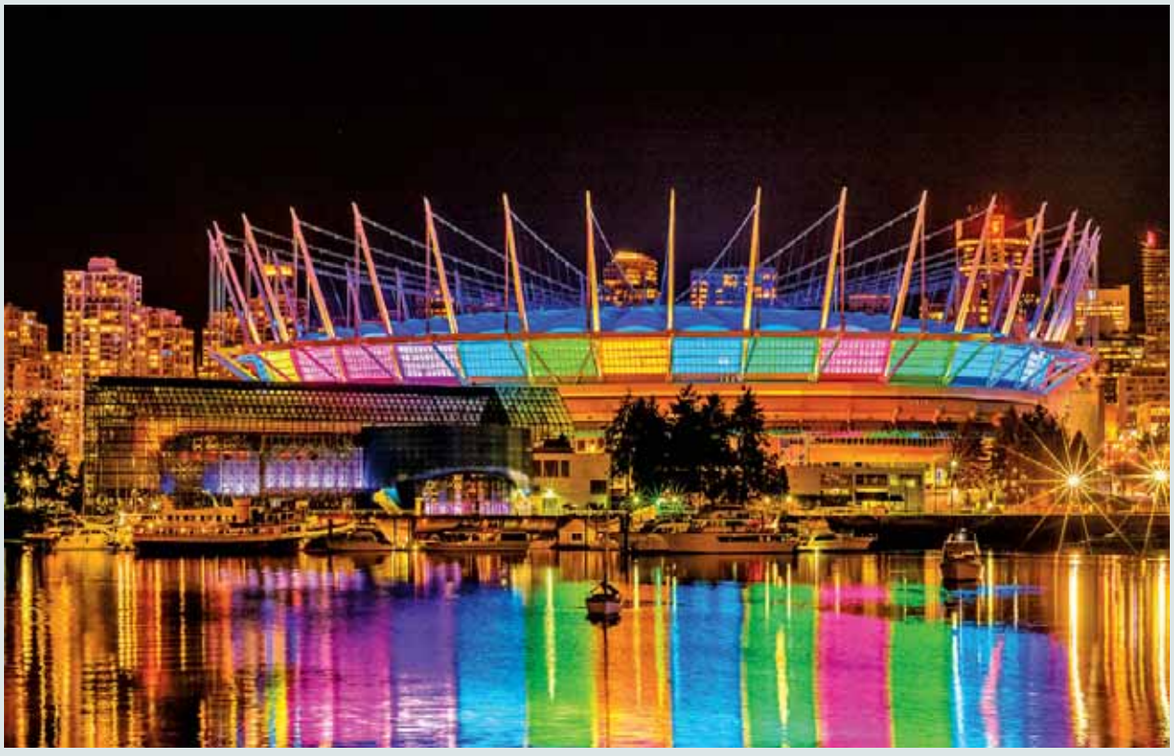
During my research, I had four commissioners tell me they spent 10 to 20 hours a week on park board issues. One PB commissioner, who chaired for several years, said he often logged 25 or 30 hours per week.

Underpaying at the park board level doesn't just undervalue the work the commissioners do, it also limits who can run. The position currently pays so little, anyone who isn't retired or independently wealthy needs to keep another job just to make ends meet. This means people with rigid work schedules or unsupportive employers can't really consider a run for park board.

As to methodology, we can lean on Mayor Robertson. In October, Robertson said he supports a living wage initiative for Vancouver. The Living Wage Campaign states that in Metro Van, a family needs two workers earning $20.10 per hour to cover basics including shelter, groceries and childcare. If Robertson wants to give a living wage to those in public office, park board commissioners should be making $10,450 if we expect them to work a mere 10 hours a week. If we want them to do the job right, double that. Apples all around, current salaries for city councillors compensate them for a 65-hour work week at a living wage rate — enough to quit their day jobs.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc.

Your Vancouver



Calm creek

Photo submitted by reader Rafael Sarno

A lit-up B.C. Place is seen reflected on the waters of False Creek. CONTRIBUTED

SEE YOUR SHOT HERE: Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

The vote on community food markets

On Monday, Vancouver's park board will vote on whether to extend a community market pilot program through 2015. If approved, the Kensington community market and Grandview Park market will extend through the end of 2015.

Both markets were set up last year as part of a community food market initiative intended to make fresh and local fruits and vegetables accessible to underserved populations. The extension will allow staff more time to assess the viability of the program.

The city's Greenest City Action Plan aims to have 15 community food markets established by 2020. METRO

Legislature terror trial

Monday at 10 a.m. at the B.C. Supreme Court, a trial begins for John Nuttall and Amanda Korody. The pair is charged with conspiring to blow up the B.C. legislative building during Canada Day festivities in 2013. The trial is expected to run through April 2. METRO

Vancouver's 'yes' campaign strategy

On Tuesday, Jerry Dobrovolny, the city's director of transportation, will unveil the steps the City of Vancouver will take in the upcoming transit plebiscite. City councillors voted unanimously to support a "Yes" vote. METRO

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Justin Timberlake and Jessica Biel are, indeed, expecting. GETTY IMAGES

Timberlake finally confirms baby we all knew was coming

Justin Timberlake is just the latest person in an impressive line of people to announce that his wife, Jessica Biel, is pregnant.

But I guess since it's actually his kid and all, his announcement should count more.

Timberlake celebrated his birthday over the weekend by posting a photo to Instagram of him kissing Biel's very pregnant belly. (Or at least we're assuming it's Biel. Because it would be really weird if it wasn't.)

He captioned the photo with some heartfelt thanks and an abundance of hashtags, including #BoyOrGirl and #YouNeverKnow.

Listen, I don't want to tell Timberlake how to do his job as a soon-to-be dad, but he does know that they will, in fact, know at some point, right?

For those keeping track at home, InStyle editor-in-chief Ariel Foxman first leaked the big news on her Instagram with a quickly deleted post in November.

And then in December, Timberlake's former bandmate Joey Fatone told InTouch that there was, in fact, a baby on the way.

I'm guessing Timberlake wanted to squeeze his own announcement out before it ended up in Katy Perry's Super Bowl halftime show or something.

Jay Z offers $56 million for Swedish streaming service

If Jay Z needs help spending all of his money, I'm happy to offer some suggestions. His latest big-ticket idea? Offering $56 million to buy Aspiro, a Swedish firm offering high-quality streaming music services. If the bid is accepted, Jay Z's company will have total control over Aspiro's paid subscription services, WiMP and Tidal. Whatever he plans to do with them, I'm sure Mike Huckabee will take issue with it.

Jay Z GETTY IMAGES

Whitney Houston and her daughter Bobbi in 2011. THE ASSOCIATED PRESS FILE

Whitney's daughter found unresponsive in bathtub

The daughter of late singer Whitney Houston was found unresponsive in her bathtub Saturday and taken to a hospital in the north Atlanta suburbs, police say.

Bobbi Kristina Brown was found by her husband, Nick Gordon, and a friend and given CPR, said Lisa Holland, a spokeswoman for the Roswell Police Department. When police arrived, Brown was taken alive to hospital.

As of late Sunday, there were no updates on her condition from the hospital or her family.

Brown, 21, is the only child of Houston and R&B singer Bobby Brown.

Houston was found dead in a hotel bathtub in 2012 at the age of 48. Authorities concluded she had accidentally drowned, with heart disease and cocaine use as contributing factors.

Houston left her entire estate to her daughter.

THE ASSOCIATED PRESS

SCENE

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Eve of Super Bowl

Wahlberg, Bay host fundraiser

Transformers star Mark Wahlberg and director Michael Bay reunited on the eve of the Super Bowl for a charity event that organizers said raised more than $1 million. The pair served as celebrity hosts for the Big Game Big Give event. Items up for auction included jewelry and other high-end goods. Wahlberg and Bay held private sessions with donors, with the director showing a reel of behind-the-scenes footage. American Idol winner Jordin Sparks also performed for guests. THE ASSOCIATED PRESS

Michael Bay, left, and Mark Wahlberg. GETTY IMAGES

Katy dazzles at halftime show

Super Bowl Sunday. Katy Perry roars onto the halftime stage in a colourful spectacle featuring Lenny Kravitz and Missy Elliott

If you're like us, what you really wanted to hear during last night's Super Bowl was Katy Perry's halftime roar, and she did not disappoint.

From her entrance on a golden mechanical lion while singing her megahit Roar to her duet with Lenny Kravitz on I Kissed A Girl, Perry managed to give her fans all of her hits in one shot.

The popular singer also took to the air, travelling around the University of Phoenix Stadium on a floating shooting star while singing her hit song Firework.

Despite all of that, it's safe to say that it was a cameo by Missy Elliott that stole the show.

Katy Perry makes a grand entrance at the Super Bowl halftime show. GETTY IMAGES

The rapper came out to perform her now-classic hit Get Ur Freak On and promptly dazzled social media, leaving many hoping she'll release new music soon. LENYON WHITAKER/METRO IN NEW YORK CITY

Halftime goal

"I hope at the end of the day that 100 million people are all smiling in unison."

Katy Perry describes her Super Bowl halftime show game plan

Super advice

Katy Perry was so nervous about her Super Bowl Sunday performance she told Billboard she planned on sending last year's Super Bowl performer, Bruno Mars, an email asking for some tips. She read the email out loud to Billboard and it's beyond adorable.

- "Hello, exclusive Super Bowl club member! I was wondering if you are in L.A. at all this month and would have tea with a sister who is about to throw up with nervousness re: (football emoji). I've heard about your process through our managers, but am wondering if you had more insight on important things like, spray tan the night before or three nights before? JK, or maybe not!"

MATTHEW LEE/METRO IN NEW YORK CITY

Super Saturday Night party. Rihanna springs Kanye for surprise duet

Kanye West joins Rihanna to sing All of the Lights. GETTY IMAGES

The crowd at DirecTV's Super Saturday Night party came for Rihanna, and got a healthy dose of Kanye West as a bonus.

West trotted on stage as Rihanna sang the opening lines of their hit All of the Lights, a surprise guest at an event that's become known for delivering shows from music's superstars on the eve of the Super Bowl.

Rihanna opened the performance with Rock Star and moved through several of her hits, including Umbrella, Rude Boy and We Found Love.

She reached out and touched fans and moved effortlessly around a semicircle stage that allowed her to reach fans throughout the venue. West also interacted with the audience, slapping hands as he performed. After a few duets, Rihanna left the stage as West performed Jesus Walks, Black Skinhead, Flashing Lights and other hits.

Both performers opted to slow down the tempo at times, with Rihanna performing Stay and West singing a new song, Only One. THE ASSOCIATED PRESS

Old star, new star shine at A-list bash

Rolling Stone party. Steven Tyler, Charli XCX headline Super Bowl eve event

Aerosmith frontman Steven Tyler charged up a frenzied crowd on the eve of the Super Bowl that features his beloved New England Patriots.

Tyler played fan favourites at the Rolling Stone party, including Dream On, Sweet Emotion and Cryin' in front of an audience that sang along in unison for most of the songs.

The venue was adorned with Rolling Stone covers from over the years, and Tyler made a reference to magazine founder Jann Wenner's influence on the music industry between songs.

Tyler followed British pop star Charli XCX, who set the stage with an energetic set.

"Who's excited for the f--ing Super Bowl?" she shouted. "I thought it was baseball until a few months ago. I'm from the U.K."

Tyler largely avoided any reference to the Patriots, despite a long history with the team.

The Boston rocker has been a fan of the Patriots for several years, and famously sang the national anthem in the AFC Championship two years ago before the Patriots lost to the Baltimore Ravens. The performance was widely ridiculed as he botched some of the lyrics.

Following the controversy over deflated footballs during this year's AFC title game, Tyler joined Matt Damon, Ben Affleck, John Krasinski and other well-known Patriots fans in a mock video on Jimmy Kimmel Live! in which they claimed responsibility for the air being taken out of the balls. THE ASSOCIATED PRESS

Super Bowl newbie

"I thought it was baseball until a few months ago. I'm from the U.K."

British pop star Charli XCX

Pop star Charli XCX GETTY IMAGES

Rock 'n' roll icon

Steven Tyler's top billing at an A-list party on one of the entertainment world's biggest party nights is a testament to his staying power as a rock 'n' roll icon.

- **Aerosmith's longevity spans more than a generation, including their rise to stardom in the early 1970s, a rough period during the early '80s when drugs tore the band apart and a resurgence in the late '80s and early '90s that put them back on the top of the charts.**
- **In recent years, Tyler was a judge on American Idol, endearing him to a younger generation of fans.**

Quirky little film sweeps Sundance

Awards. Tearjerker about a girl with cancer takes top prizes as Utah film festival wraps 2015 edition

Sundance breakout Me and Earl and the Dying Girl, a quirky, heartfelt story about a pair of high school film lovers who befriend a girl with cancer, won both the U.S. dramatic audience award and the grand jury prize at the 31st Sundance Film Festival awards, announced Saturday.

Thomas Mann, R.J. Cyler, and Olivia Cooke lead the cast of the idiosyncratic tearjerker from director Alfonso Gomez-Rejon, who dedicated the audience award to all the filmmakers and artists in his hometown of Laredo, Texas. Nick Offerman, Connie Britton, and Molly Shannon also star.

"My love goes out to the entire cast and crew," said Gomez-Rejon. "This movie was about processing loss, but really to celebrate a beautiful life and a beautiful man, which is my amazing father ... to celebrate his life through humour."

The Wolfpack, Crystal Moselle's documentary about six movie-loving teenage boys isolated from society, picked up the grand jury prize for best documentary. "I stalked these kids on the street one day and here I am," said Moselle.

Comedian Tig Notaro, whose documentary Tig premiered at the Festival, hosted the ceremony. She also told the audience that she used to volunteer at the Festival in the mid-'90s.

The 31st Sundance Film Festival wrapped Sunday.

THE ASSOCIATED PRESS

Sundance winners

- **U.S. drama, grand jury prize:** Me and Earl and the Dying Girl
- **U.S. drama, audience award:** Me and Earl and the Dying Girl
- **U.S. drama, directing:** The Witch, Robert Eggers
- **U.S. drama, special jury award for cinematography:** Diary of a Teenage Girl, Brandon Trost
- **U.S. drama, special jury award for collaborative vision:** Advantageous
- **U.S. drama, special jury award for editing:** Dope, Lee Haugen
- **U.S. documentary, grand jury prize:** The Wolfpack
- **U.S. documentary, audience award:** Meru
- **U.S. documentary, directing:** Cartel Land, Matthew Heineman
- **U.S. documentary, special jury award for social impact:** 3 1/2 minutes
- To see the full list of winners, please go to sundance.org/festival

Thomas Mann, star of Me, Earl and the Dying Girl, poses for photos at the Sundance Film Festival last week. THE ASSOCIATED PRESS

Quoted

"This movie was about processing loss, but really to celebrate a beautiful life and a beautiful man, which is my amazing father ..."

Director Alfonso Gomez-Rejon on Me and Earl and the Dying Girl

Vancouver Opera presents
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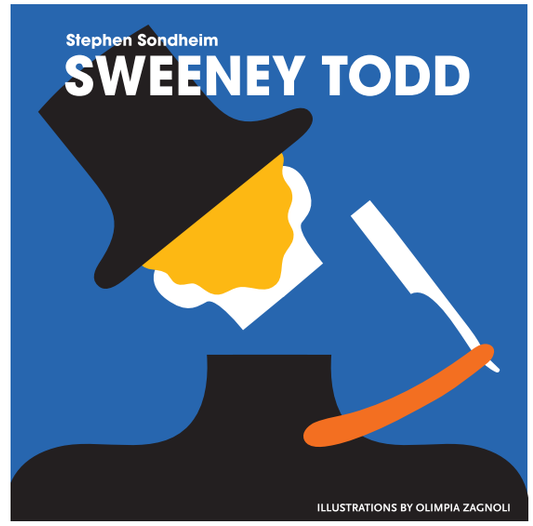

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To do, or not to do, during flu season

Staying healthy. Taking care of yourself and those around you is key to kicking seasonal viruses

JACQUELINE KOVACS
For Metro

Felled by the flu or suffering through a nasty cold? Don't even think about dragging yourself through your daily routine.

"Taking a step back and taking care of ourselves, for most people, can shorten the length of time they feel unwell," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital. "It's probably one of the best things that people can do."

But it's not the only one. Here are Graves' dos and don'ts for getting through a bad cold or flu.

Do stay hydrated

Getting enough fluids is always a good practice, but it's even more important when you are battling a seasonal cold or flu. "Very often, these episodes come with fever, diarrhea or vomiting," Graves said. "People can get dehydrated and that can make you feel even worse." So fight back with fluids — water, juice and herbal teas are all good choices, as is good old chicken soup.

Do get lots of rest

Busy may be the new black, but it won't help you heal. "It can be difficult to find the time to rest, but it is the body's opportunity to recuperate," Graves said.

Do keep on exercising — or don't

Should you exercise when you are sick? "This is something I get asked about a lot," Graves said. And her answer is a qualified yes. "If you feel well when you're exercising, then there's probably no harm." But that is assuming you have no difficulty breathing and that your routine is not causing you extra challenges. "If you're having issues with breathing, then running outside in the cold is probably not a good idea," she said. "When you're sick, it's not the time to push yourself over the limit."

If you aren't feeling well, do your co-workers a favour and stay home so you're not spreading the virus. SHUTTERSTOCK

Do keep it clean

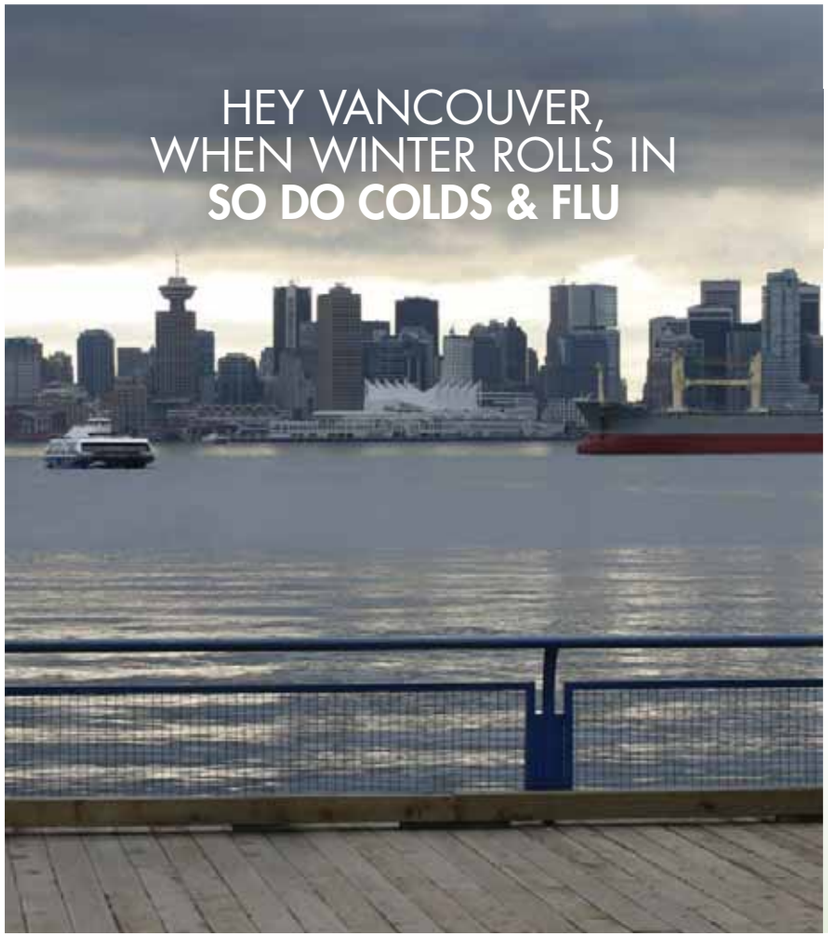
Washing your hands is one of the most effective ways of curbing the transmission of viruses. "Handwashing is really helpful in not spreading a virus to others in your household," Graves said.

Don't go to work

If you are feeling lousy and coughing like mad, why would you share that misery with your colleagues and, if you take transit, harmless strangers on your commute? "If they're not well, I encourage my patients to stay home," Graves said.

Don't be fooled

Over-the-counter medications are great for short-term symptom management, but that's about it. "An illness has to run its course," Graves said. "In the short term for symptom relief, over-the-counter remedies are great, but they won't shorten the length of time of the illness."



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Stumped by the ways to save

Planning. Should you pick an RRSP, TFSA or a combination of the two? Gail explains why the choice can be baffling

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If you have a low income and it's taking almost all your money just to make ends meet, then a TFSA is a better bet. ISTOCK

One of the financial goals that inevitably floats to the top of the list is saving more money. It's a good goal. But there are so many different vehicles you can use to save that sometimes the choices become the barrier to saving.

At the height of RRSP season you'll no doubt hear the seven, nine and 11 best reasons to use an RRSP. But is it a good choice for you? Ever since the Tax Free Savings Account (TFSA) came on the market, this is the big question.

The RRSP's big benefit isn't just as a savings vehicle, it's also as a way to save on taxes now because of the tax deduction. You can contribute up to 18 per cent of your earned income in 2014, to a maximum of $24,930 for 2015.

Most people don't come anywhere close. But if you made an income of $60,000 in 2014 and put $10,800 into an RRSP in 2015 (at a 30 per cent marginal tax rate), you'd reduce your taxes from $11,686 to $8,322, for a savings of $3,364 on your taxes. Wouldn't you rather keep that $3,364 to use to meet your goals?

The contribution limit for a TFSA for 2015 is $5,500. Put $5,500 a year in a TFSA at an average return of four per cent over 30 years and you'll have over $319,000, $154,000 of which you didn't have to bust your butt to earn.

Put $5,500 a year into an RRSP and reinvest the tax refund you get (assuming you're paying tax at 30 per cent) in a TFSA and, all things being equal, you'll have an extra $93,000, which is the compounded return on the tax savings you put in the TFSA.

If you have a low income and it is taking almost all your money just to make ends meet, then if you decide to save a little somethin' somethin', a TFSA is a better bet. If you're going to be able to make do with the income CPP and OAS provide, then squirrelling away whatever you can manage in a TFSA makes way more sense.

And if you're going to have an income that lets you qualify for the Guaranteed Income Supplement, then using a TFSA will also work better for you. Ditto if you're well into your career and still have a low tax rate.

Claiming a deduction for an RRSP contribution when your taxes are low, piling up a stash of cash, and then paying more in tax when you cash out at retirement makes no sense. If you think you'll likely always be at the lowest tax rates then you should stick with a TFSA.

However, if you expect that over time your income and tax rates will increase, an RRSP will save on taxes big-time. You don't have to claim the deduction in those early years. Make your RRSP contribution but hold the deduction for when your taxes are higher and you'll get a bigger refund. You can then use the taxes you save to fund your TFSA contribution. Or perhaps, by then you'll have other priorities like paying down your mortgage or funding an RESP for your kids.

If you're close to hanging up your spurs, and you haven't made any RRSP contributions so far, go with a TFSA. The same holds true if you've got a great pension plan at work since having a whack of taxable income in an RRSP will be less than optimum come retirement time. If you're concerned about losing your OAS to the clawback, go with a TFSA instead of an RRSP.

For virtually everyone else an RRSP is an awesome idea. Don't be confused by all the blah blah blah into thinking you won't benefit from an RRSP because the income you take out is taxable. Remember, you didn't pay any tax on the money that went into the RRSP (unlike the money that went into a TFSA). So to put $5,500 into an RRSP you need gross only $5,500, but to make the same contribution to a TFSA you'd have to have earned $7,150 in pre-tax income (at a 30-per-cent tax rate).

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early. Sure, there were years when I barely made a contribution, but as my income and spending needs changed I shifted my contributions to make the RRSP work for me. And as soon as the TFSA became available, I started putting money into one.

Quoted

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early.

Which is best?

For some it is an either/or game. The people who most benefit from choosing a TFSA:

- Have a low income/low tax bracket
- Are banking on CPP, OAS and the GIS
- Are close to retirement and haven't saved much
- Have a great work pension plan

For everyone else, an RRSP or a combination of RRSP/TFSA means you'll have more money when you decide to hang up your spurs.

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Learning is about to get personal

Education. Swap in this new approach and nix standardized testing, B.C.'s educators hear

The debate over whether standardized testing will help to form a successful, employable adult continues. ISTOCK

Schoolchildren in China drilling their tongues to pronounce English words correctly often find themselves picking up more ZZZs than ABCs.

Half a year can be spent practising rote verbal exercises, a mind-numbing method that can kill youngsters' enthusiasm for learning, said a former English teacher from China who's seen it firsthand.

Such a teaching style has evolved to meet institutions' needs for generating high scores in standardized testing, but Yong Zhao said the same harmful effect on Chinese students may be happening in British Columbia.

Zhao is now a top international education consultant based in Oregon who was invited by B.C.'s Education Ministry to spell out his vision for upgrading the provincial school system.

"My extreme advice — we should do away with all of (standardized testing)," Zhao said in an interview after addressing a forum of more than 150 educators and interested business and community leaders.

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

The province should revolutionize the system by shifting the teaching emphasis to nurture every child's individual passion and talents, Zhao said. The concept is called personalized learning, and gives both students and teachers more space to explore their diverse abilities.

"To be creative, to be entrepreneurial, you cannot skip the basics," Zhou told the room.

"But the basics should come after we have a passion. Sometimes we do the basics and we have killed people's interest."

His call for innovation comes at the same time B.C. teachers are administering the standardized Foundation Skills Assessment tests to children in Grades 4 and 7, and as the province's education minister announced a new education strategy.

Minister Peter Fassbender told the forum the government is partnering with educators to identify several schools throughout the province to pilot programs that swap the focus to individualized learning.

"We're not going to throw the baby out with the bath water," Fassbender said. "And as Dr. Zhou said, there are great ideas but if we try to go from here to here we're going to scare half the population."

The minister said development of the K-12 Innovation Strategy will be ongoing but avoids a top-down approach and instead encourages students to explore what's relevant to their own lives.

A working group will be formed to connect school districts, participating schools and interested organizations such as the B.C. Teachers' Federation and associations representing superintendents, principals and independent schools.

The ministry also released an updated B.C. Education Plan, which better articulates the concept of personalized learning and proposes to further examine a suite of student assessment tools.

Zhao, now a professor at the University of Oregon who studies global educational policy, told the crowd that the world's established education systems drive creativity down and discriminate against students with diverse abilities.

He said children already have a tremendous capacity to soak up foundational skills — so long as the learning methods are engaging.

He suggested teachers should provide fewer explicit instructions and instead give students broader ownership over their learning, placing more emphasis on developing individually meaningful skills while making better use of global resources.

Teachers' federation president Jim Iker welcomed Zhou's vision as a "breath of fresh air."

The union has long argued general, cognitive-skills tests don't help students learn or teachers teach.

"Workplaces want young adults who are able to be creative, who are confident, who are self-reliant, who've got social skills," he said. "That's an important piece that's not part of a standardized test."

THE CANADIAN PRESS

Quoted

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

Yong Zhao on standardized testing

Education

Kids get leg up in life with lessons on mindfulness: University of B.C.

Paying extra attention appears to have paid off for a group of Grade 4 and 5 students in Coquitlam, B.C., who participated in a mindfulness program.

Researchers at the University of British Columbia found that the elementary students were better at regulating stress, more optimistic and helpful, better liked by their peers and even performed better at math.

The study involved giving lessons to the children in mindfulness, where they were guided to intentionally focus on the present — while avoiding making judgments — through a series of breathing, tasting and movement exercises.

Lead author Kimberly Schonert-Reichl says the study amounts to scientific evidence that children who are taught mindfulness are better positioned to succeed both in school and life.

She says it's one of the first studies of its kind and involved researchers from across multiple disciplines, including a neuroscientist, developmental pediatrician, developmental psychologists and education experts.

Research for the study was conducted in 2008, and the findings were published this month in the academic journal Developmental Psychology.

THE CANADIAN PRESS

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A sweet, glazed twist on a lunch classic

Recipe. This salmon sandwich gets a boost from sweet rice vinegar, miso paste and a little zip from wasabi, lemon juice

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

Whether you've got leftovers or are cooking up a freshly baked salmon, both options make for either a great warm or cold sandwich with an Asian twist. The mirin and miso glaze is a perfect match for this dish. One way I cut calories is to take a sandwich baguette and remove the bready stuffing.

Nutritional information

Per serving

- **Calories.** 470
- **Carbohydrates.** 41 g
- **Fibre.** 3 g
- **Protein.** 29 g
- **Total fat.** 20 g
- **Saturated fat.** 3.5 g
- **Cholesterol.** 5 mg
- **Sodium.** 610 mg

Ingredients

- 3 tbsp mirin or sweet rice vinegar
- 1 tbsp light miso paste
- 2 tbsp brown sugar
- 2 tsp toasted sesame seeds
- 1 lb skinless salmon fillet sliced lengthwise into 4 pieces
- 1/3 cup light mayonnaise
- 1 1/2 tsp wasabi paste
- 1 1/2 tsp lemon juice
- 4 (3 oz) baguette rolls, sliced in half
- 1/2 small ripe avocado, sliced thinly
- 16 round slices thinly cut English cucumber

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

2. Place the mirin, miso, sugar and sesame seeds in a bowl and combine.

3. Brush the skinless salmon fillet pieces with half the mirin mixture and bake for 10 minutes per inch of salmon thickness. Once cooked, flake the salmon into smaller pieces and mix with remaining mirin mixture.

4. In bowl, combine the mayonnaise, wasabi and lemon juice. Spread this mixture over baguette halves. Top with salmon mixture, add sliced avocado and cucumber slices, and place other baguette half over top.

Make it a date night with spinach and pomegranate juice

Ingredients

- 6 cups baby spinach
- 4 fresh dates, pitted and sliced in half
- 1/3 cup thinly sliced red onion
- 1 peeled orange sliced into 6 rounds
- 1/4 cup toasted sliced pecan halves

Dressing

- 3 tbsp pomegranate juice
- 1 1/2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 1/2 tsp honey

Fresh dates are a delicacy and so well worth using to highlight a salad. They are insanely sweet and have a soft caramel-like taste. You can store them in an airtight container in the refrigerator for up to eight months or in the freezer up to a year. Pomegranate juice is a little sweet and tart, and also contains loads of antioxidants. Be sure to buy pure and not sweetened for this recipe.

Directions

1. Place the baby spinach on a large platter. Add the pitted dates, thinly sliced red onions, orange slices and toasted pecans.

2. In a small bowl, combine the pomegranate juice, oil, vinegar and honey. Pour on top of salad. ROSE REISMAN

This recipe serves six. ROSE REISMAN

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Power of personal stories

Passages Canada speakers' program

Michael Farkas shares personal stories at a Passages Canada event last February in Montreal. CONTRIBUTED

Clement Ndiaye speaks at a Passages Canada event last February in Montreal. CONTRIBUTED

When the federal government declared the first nationally recognized Black History Month in February 1996, it created opportunities for all Canadians to honour and remember black heroes, leaders and achievers.

"Sharing stories of cultural heritage builds understanding, empathy and connections," says Hannah Reimer, a volunteer speaker with Passages Canada.

Reimer looks forward to more speaking engagements this month before elementary, high school and community group audiences.

Born in Swaziland, Reimer says she values "Black History Month because it keeps the struggles and successes of those who came before, fresh in my mind. It reminds us of where we've been and how far we've come."

The Passages Canada speakers' program is part of Historical Canada, an organization dedicated to increasing awareness of Canadian history and citizenship. More than 200 speakers of African, Caribbean and black heritage will share their stories of identity, culture and heritage with new and established Canadians across the country this month.

"This free program addresses the power of personal stories," says Calina Ellwand, Passages Canada's program co-ordinator of the popular program, which seeks speakers on a variety of subjects. "Speakers recognize they're providing audiences with an opportunity to learn something new and something that has not been well-documented."

Black studies Prof. Dr. Afua Cooper and her colleagues recognize the need for discussion about the black community's past, present and future. This May 21-24, the second biennial Black Canadian Studies Association Conference takes place in Halifax at Dalhousie University, wher delegates will examine ways to ignite black leadership in Canada.

"The long history of black people in Canada has been shaped by a struggle for recognition," says Cooper, chair of the Black Canadian Studies Association. "It's imperative that we analyze the state of black Canadians across Canada and generate strategies for the future."

– Heather Beaumont

Nelson Mandela

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CANADA POSTES POST CANADA

Pats deny Seattle repeat

Super Bowl. Nail-biting fourth quarter 'ends' in goal-line interception, after a 10-point New England rally

Seattle Seahawks wide receiver Ricardo Lockette, centre, reacts after New England Patriots strong safety Malcolm Butler, with the ball, intercepted it with 20 seconds to go in the fourth quarter as New England led 28-24 on Sunday, in Glendale, Ariz. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Tom Brady and the Patriots made this Super Bowl all about football, not footballs.

Clutch football, spiced by a sensational fourth-quarter rally and a goal-line, game-saving interception.

The record-setting Brady threw for four touchdowns, including a three-yarder to Julian Edelman with 2:02 remaining Sunday night as New England rallied from a 10-point deficit to win its fourth Super Bowl in the Brady-Bill Belichick era, 28-24 over Seattle.

But the Patriots (15-4) had to survive a last-ditch drive by the Seahawks (14-5), who got to the 1, helped by a spectacular juggling catch by Jermaine Kearse. Rookie Malcolm Butler stepped in front of Ricardo Lockette and picked off Russell Wilson's off-target pass to complete one of the wildest Super Bowl finishes.

Brady surpassed Joe Montana's mark of 11 Super Bowl touchdown passes with a five-yarder to Danny Amendola to bring the Patriots within three points.

Seattle, seeking to become the first repeat NFL champion since New England a decade ago, was outplayed for the first half, yet tied at 14. The Seahawks scored the only 10 points of the third period, but the NFL-leading defence couldn't slow the brilliant Brady when it counted most.

It didn't matter how much air was in the balls, game MVP Brady was unstoppable when the pressure was strongest.

Sunday night

Patriots	Seahawks
28	24

While pushing aside the controversy over air pressure in the footballs stemming from the AFC title game, the Patriots toyed with Seattle in the final 12 minutes.

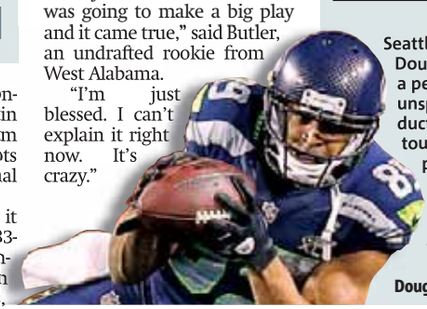
Seattle didn't quit — it never does — and Kearse's 33-yard catch with 1:06 remaining got it to the 5. Marshawn Lynch rushed for four yards, then backup cornerback Butler, who was victimized on Kearse's reception, made the biggest play of his first NFL season with 20 seconds remaining.

"I just had a vision that I was going to make a big play and it came true," said Butler, an undrafted rookie from West Alabama.

"I'm just blessed. I can't explain it right now. It's crazy."

Brady now has equaled Montana for Lombardi Trophies and Super Bowl MVPs (three). He stands alone with 13 Super Bowl touchdown passes. He was 37 for 50 for 328 yards against the NFL's top-ranked defence. THE ASSOCIATED PRESS

No. 2 in more ways than one



Seattle wide receiver Doug Baldwin drew a penalty flag for unsportsmanlike conduct after catching a touchdown pass to put the Seahawks up two scores in the Super Bowl. Why? Something of a mystery to television viewers.

- But it appeared to have been an obscene gesture; Baldwin apparently simulated pulling down his pants over the football as if to go to the bathroom.
- He was flagged for a 15-yard celebration penalty.

Doug Baldwin THE ASSOCIATED PRESS

4 SPORTS

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NHL. Arena obstacle for expansion to Seattle

NHL commissioner Gary Bettman on Friday addressed the subject of possible expansion to Seattle, noting the potential for a rivalry with the Vancouver Canucks. However, lack of a new arena continues to be a stumbling block.

An intriguing potential rival and an actual rival are two different things.

According to King 5, Seattle's mayor, Ed Murray, recently met with NBA commissioner Adam Silver and Bettman. The NHL longstanding commissioner confirmed the meeting and that the city continues to show interest in trying to obtain an expansion franchise.

"I don't know that I could tell you that it's more or less likely," said Bettman during a news conference at Rogers Arena.

"The building situation remains uncertain and based on my discussions with the mayor as he was giving us an update is, at least according to the mayor, likely to remain uncertain for some period of time.

Quoted

"I don't know that I could tell you that it's more or less likely,"

NHL commissioner Gary Bettman
On the subject of possible expansion to Seattle

"Until Seattle gets a handle on its building situation, I'm not sure, other than listening to their expressions of interest, there's much else to report."

Bettman said the league is not "contemplating" expansion, however Bill Foley has received permission to kick-off a season-ticket drive to gauge the support for a team in Las Vegas.

The commissioner did call Seattle "an intriguing city" — one that could have a rivalry with the Canucks.

"At least at face value, there are some real positives, if we were going to go down that road, which would be good for hockey in the Pacific Northwest."

CAM TUCKER/METRO

Tennis

Australian Open title for Djokovic

Novak Djokovic won his fifth Australian Open title and his eighth career Grand Slam while extending Andy Murray's misery at Melbourne Park. Djokovic beat Murray 7-6, 6-7, 6-3, 6-0 in Sunday's final, relegating the Scotsman to runner-up status for the fourth time in four tries in the Australian Open final. Murray had lost two Open finals previously to Djokovic — in 2011 and 2013. **THE ASSOCIATED PRESS**

Minnesota runs Wild in Vancouver

NHL. Second period meltdown costs Canucks in 4-2 loss

Minnesota Wild left winger Thomas Vanek celebrates a goal by teammate Kyle Brodziak, not in the picture, past Vancouver Canucks goalie Ryan Miller in the second period in Vancouver, B.C. THE CANADIAN PRESS/JOHN HAYWARD

An ugly two minutes in the second period cost the Vancouver Canucks.

Zach Parise and Jared Spurgeon scored back-to-back goals as the Minnesota Wild topped the Canucks 4-2 on Sunday

After a scoreless first period, the Canucks were on their heels early in the second. Parise's attempted pass found its way through the legs of a stranded Ryan Miller after taking a slight deflection off Lucas Sbisa's glove at 7:26 of the period.

"He was trying to hit Vanek backside and Sbisa is laid out. To me, it looked like it was getting through so I started my push, it hit Sbisa in the glove and it went five-hole," said Miller, who made 16 saves in the loss. "I had it going under Sbisa and it ended up going under me."

Thomas Vanek and Jason Zucker, into an empty net with 55 seconds left to play, also scored for the Wild (23-20-6). Ronalds Kenins and Daniel Sedin replied for the Canucks (27-18-3).

Minnesota grabbed its second goal, and first on the power play, at 9:26 of the second when Nino Niederreiter drove to the corner before passing back to an open Spurgeon at the point. His shot got through a group of bodies in front of the net for the Wild's second goal.

Vancouver came out stronger in the third period but was down 3-0 midway through the period when Vanek scored his tenth goal of the season.

He took a pass from Mikael Granlund just past centre, drifting to the right and shooting above Miller's blocker.

Kenins' first NHL goal, scored at 12:20 of the third, combined with Sedin's 10th goal of the season just over a minute later, provided a spark for Vancouver but it was too little, too late.

"We played well the last 20 minutes but it doesn't really matter," said Sedin. "When we are down 3-0 it's tough. We have to be stronger when we have those down moments in a game. Right now we are not."

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You'll be asked to give your opinion on a controversial topic today, and you must be honest about what you think.

♉ Taurus
April 21 - May 21
Put your own needs first over the next few days, because if you don't you'll lose out to people who are not as deserving of success.

♊ Gemini
May 22 - June 21
The coming week will be a time of great activity. You know what you want, you know where to get it — now you must find the confidence to reach out and take it.

♋ Cancer
June 22 - July 23
If you help someone in need today it will make both of you feel better. But why help one person when, by joining some kind of charitable movement, you could help thousands?

♌ Leo
July 24 - Aug. 23
Stop dreaming about what you'd like to do and start doing it. It doesn't matter how far-fetched your dream is. If you start working towards it, one day it will come true.

♍ Virgo
Aug. 24 - Sept. 23
Are you inspired by other people's successes, or do they make you envious? Either way it can motivate you to do more yourself. This can be a time of real achievement.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they expect.

♏ Scorpio
Oct. 24 - Nov. 22
If someone gets aggressive in their attempts to sell you something you don't want, be it an object or an idea, be a bit aggressive back at them.

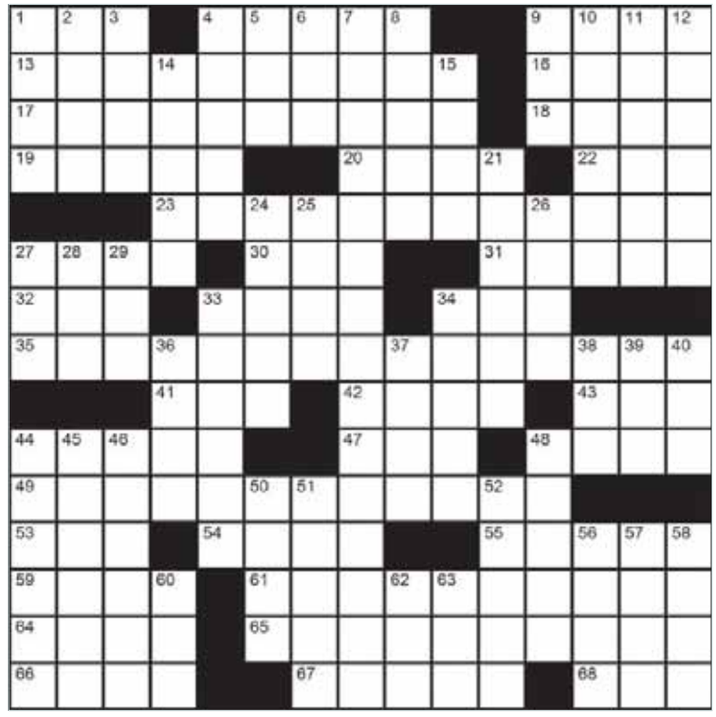
♐ Sagittarius
Nov. 23 - Dec. 21
There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn
Dec. 22 - Jan. 20
Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. It may be frustrating but don't make a big issue out of it.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces
Feb. 20 - March 20
If someone annoys you today just turn your back and walk away. If you allow yourself to get drawn into an argument you will get angry and say things you might regret.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "... and now, without further __..."
4. Toast's border
9. Daisy's optimistic pal
13. Twice yearly
16. Half, as in music
17. Actor born in Kirkland Lake, Ontario: 2 wds.
18. "En garde!" blade
19. Glacial ice block
20. "For __ _ jolly good fellow..."
22. Split __ (New Zealand band)
23. "Why so interested?": 4 wds.
27. 1975 War hit: "Why Can't __ __ Friends?"
30. "Fabulous!"
31. Hair lock
32. Alphabetic trio
33. River to the Rhine (var. sp.)
34. La __, city of Bolivia
35. Rihanna's latest tune, a collaboration with Kanye West and Paul McCartney
41. Lunch time, little-ly
42. Hi-__ (Electronically advanced)
43. Not in style
44. Step
47. Body of water
48. Ashen
49. Bit of #35-Across: "I'm just tryna make it back home by __ __..."
53. Evita's land, briefly
54. 2015
55. Grace
59. "Ten-four" sayer
61. Library of __ (Described as Canada's "most beautiful room")
64. The Guess Who bassist Jim
65. Slowly burned
66. Procedure/method (abbr.)
67. __ cheese
68. Endings for many Y-ending words when plural

Down
1. Botanist Mr. Gray's
2. Remove, to a proofreader
3. Mr. Sharif
4. __ a cold
5. Monogram of Burnaby-born Edmonton Oilers player who wears #93
6. Prefix with 'cycle'
7. What parting is in Romeo and Juliet: 3 wds.
8. Star Trek star George
9. Feminine 'one' in French
10. Comical sailor
11. Secretaries skilled at shorthand, shortly
12. 2013 Kanye West album
14. Floored: 2 wds.
15. For fear that
21. Affix
24. Anticipate
25. Actress Anna
26. Rice-shaped pasta
27. Panda symbol org.
28. Prefix to 'skeleton'
29. Sch. in Provo, Utah
33. Fracas
34. Nut type
36. Viking operation
37. Nostradamus, for one
38. Agatha Christie novel, _ __ M?
39. Scheduled
40. Pig's pen
44. __ one's lips (Really enjoys that meal)
45. Newfoundland town near St. John's
46. God's helpers
48. Garden guy
50. "Uh-huh." [pl.]
51. Ladies
52. Apple tablets
56. Yesterday, in Italy
57. Snick-or-__
58. Puny plane postings
60. Finished with work [abbr.]
62. Him, in Montreal
63. Elles opposites

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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Yesterday's Sudoku

9	8	6	3	7	4	2	5	1
5	3	7	1	2	8	4	9	6
1	2	4	5	9	6	3	8	7
8	5	9	6	4	3	7	1	2
3	6	1	2	8	7	5	4	9
4	7	2	9	5	1	8	6	3
7	4	3	8	1	9	6	2	5
2	1	8	7	6	5	9	3	4
6	9	5	4	3	2	1	7	8

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